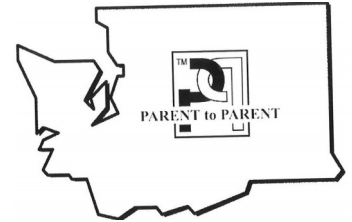


November 2021



## Island County Parent to Parent Newsletter

### Virtual “Planning for the Future” Presentations

#### *Special Education*

**Jerri Clark with WA PAVE Presents:**

Access, Equity & Appropriate Services  
IDEA, Section 504, IEP and More

**Tuesday, October 26**

**Virtual 6:00pm-7:30pm**

This training provides an overview of student rights and protections through the delivery of school-based services. Special Education Services are built and delivered based on the needs of the student.

Special Education is a service, not a place.

Education is broader than just academics, and services are designed to provide equitable access to all aspects of learning and school. To Register:  
<https://www.tfaforms.com/4936009>

#### Guardianship, Alternatives to Guardianship, Wills & Special Needs Trusts

With Christy Ibrahim

**Thursday October 28**

**Virtual 6:00pm-7:00pm**

- ◆What type of guardianship will my child need?
- ◆What is the difference between full guardianship and limited guardianship?
- ◆What is the process of obtaining Guardianship?
- ◆Why do you need Special Needs Trusts?

Email to RSVP [t.wheeler-thompson@islandcountywa.gov](mailto:t.wheeler-thompson@islandcountywa.gov)

Statistics show that, "Only 5% of teens are willing to call phone crisis lines, but they're more willing to text. Text 741741 to text anonymously with a crisis counselor."

Please share this information!

#### Life after High School

**with Jerri Clark from WA PAVE:**

How, what, when to prepare for life after the yellow bus stops coming.

**IEP & the Transition Plan**

**December 7**

**6:00-7:30pm**

This training provides key information for families to ensure that school-based services are providing what students with disabilities need to launch adult lives that meet their goals for further education, work, and independent living. Attention families with younger children: It's never too soon to start learning this information!

Email to RSVP [t.wheeler-thompson@islandcountywa.gov](mailto:t.wheeler-thompson@islandcountywa.gov)

#### What is Developmental Disabilities Administration?

- \* Does my Child Qualify?
- \* What services does DDA provide?

**January 12  
6:00-7:30pm**

Will your child need services? If your child has developmental disabilities they may need supported living and job coaches, assistive technology, respite services & more.

Email to RSVP [t.wheeler-thompson@islandcountywa.gov](mailto:t.wheeler-thompson@islandcountywa.gov)

#### Inside this issue

Thanksgiving Success.....2

Thanksgiving Activities...3

Benefits Planning .....4-5

Want to know more about Parent to Parent? Check out our website and Facebook page.

<https://www.islandcountywa.gov/Humanservices/Pages/Parent-to-Parent.aspx>  
[Various Resource Guides](#)

<https://www.facebook.com/islandcountyparent2parent>

**(360)632-7539 Call/Text**

**Thanksgiving** is a holiday filled with thoughts of what and who we are thankful for. Millions of families across the U.S. dedicate all or most of the day to cooking, eating, and laughing with family and friends from all walks of life. Nearly 6.5 million adults in the U.S. have intellectual or developmental disabilities or IDD. It's not hard to imagine there is a member of the family or a friend celebrating with you who has an intellectual disability.

We all look forward to good times, but we often forget how stressful a busy holiday like Thanksgiving can be until the celebration is already in full swing. The hustle and bustle of Thanksgiving can be extremely overwhelming for individuals with IDD, who often have sensory issues. We've put together a list of 5 strategies you and your family can use to prepare family members and friends with intellectual or developmental disabilities for one of America's most beloved holidays.

1. **Plan ahead. Create a detailed schedule.** Individuals with disabilities often live by strict schedules and routines. A busy holiday can throw a wrench in those schedules. Make a new detailed schedule for the day and tell your family members with special needs in advance how the day is going to go, including waking up, getting dressed, cooking, games, tv time, and more. Mark it all down and include pictures to make it clear.

2. **Bring a part of home with you.** If you'll be spending the day away from home, bring home with you. Fa-

vorite toys can keep a child's attention longer. A favorite blanket, pillow or stuffed animal will make mid-day naps com-



fortable and familiar. Think outside the box and bring favorite plates, bowls, cups or utensils. Fancy dinnerware can be confusing and odd to individuals with  
3. **Find a quiet corner.** Remember, if you can't handle the heat, get out of the kitchen. For an individual with sensory issues, especially with noise, being stuck in the middle of a crowd all speaking at once could be frustrating. Find a quiet corner or room where they know they can go if they are uncomfortable.

4. **Introduce everyone before the celebration.** Meeting new people or being expected to remember family we only see once a year or less can be scary. Send an email, make a few calls, or just a quick text to introduce your child or adult family members with IDD to your hosts. Let them know your family member may get upset or need extra time, or what to expect from their body language and reactions.

5. **Expect unwanted comments.** People who haven't spent time with special needs individuals usually don't have the best reactions or know what is appropriate to say. The easiest way to avoid getting upset by insensitive talk is by not engaging with it. Practice what you'll say beforehand, and remember it's okay to deflect to a new topic.

## Fun and Engaging Thanksgiving Activities

Try involving your child in some these Thanksgiving activities that will help teach him or her about the traditions and customs that are associated with the holiday:

### **Turkey Baster Water Transfer**

Encourages the development of fine motor skills!

- Set out 2 bowls, one filled with water one empty.
- Teach your child how to use a turkey baster and fill it with water.
- Have them use the baster to transfer water from one bowl to the other.

### **Thanksgiving Matching**

Put your child's memory to the test with a matching game!

- Print out pictures of Thanksgiving-related images onto index cards, with 2 cards for each image.
- Lay the cards face down and have your child try to match the cards.



- Discuss the names of the images to promote language development.

### **Turkey Feather Counting**

Promote number recognition and one-to-one correspondence!

- Draw images of turkeys without feathers.
- Write a number on the body of each turkey.
- Have your child glue the number of feathers onto the turkey that corresponds to the number.

## **Sensory Processing Issues Explained**

Kids with sensory processing issues behave in ways that look confusing. They might react strongly to loud noises or bright lights, or complain that their clothes are uncomfortable. They may be clumsy or have trouble with fine motor skills like fastening buttons. Some kids show extreme behaviors like screaming when their face gets wet, or melting down at an unexpected change.

These behaviors happen because the child is having trouble processing the information they receive from their senses. The senses include touch, hearing, taste, smell and sight. There are also two internal senses that give the child information about their movement and where their body is in space.

Children with sensory issues can be hyposensitive or hypersensitive. Hyposensitive kids need more sensory stimulation. They often love to move around and crash into things. Hypersensitive kids avoid strong sensory stimulation and get overwhelmed easily.

A change in environment can trigger a child's sensory difficulties. For example, a child who is calm sitting in a quiet car might get overwhelmed in a bright, crowded grocery store. They may have a tantrum or try to run away.

Many parents of children with sensory issues call their behaviors sensory processing disorder, or SPD. But SPD is not currently a recognized psychiatric disorder. Currently, sensory issues are considered a symptom of [autism](#) because many people on the autism spectrum experience them. But not everyone with sensory issues is on the spectrum. Some have [ADHD](#), [OCD](#) or developmental delays. Or they may not have a diagnosis at all.

For more in-depth information, check out [https://childmind.org/article/sensory-processing-issues-explained/?fbclid=IwAR0chxrD7gp3tOgVQhzY9zO0Y\\_HlyfG0\\_bD1n72pYKhBxilbBuGhFUiCkmw](https://childmind.org/article/sensory-processing-issues-explained/?fbclid=IwAR0chxrD7gp3tOgVQhzY9zO0Y_HlyfG0_bD1n72pYKhBxilbBuGhFUiCkmw)

## **More resources for “Planning for the Future” Series**

### **Benefits Planning!**

#### **New Videos on Special Needs Trusts and ABLÉ Accounts**

Everyone must plan how they will pay for the things they want and need in life. It’s especially important for people with disabilities to make a plan so that they can protect their public benefits.

For more than 65 years, The Arc has been supporting individuals with intellectual and/or developmental disabilities (I/DD) and their families. Learn more about The Arc and about how the Center for Future Planning® is supporting and encouraging families to plan for the future.

To help you learn more about two important tools to save money, The Arc's Center for Future Planning is created a series of free videos. Check out the first two videos to get an overview of special needs trusts and ABLÉ accounts. Each video covers why to consider using each tool, how they work, what they can pay for, and how you can get started.

<https://futureplanning.thearc.org/pages/learn/about> To compare two WA State options, see page 5 ➡ [Trusts will be covered during the Guardianship presentation on Thursday, October 26th at 6pm. Email Tiffany to RSVP and receive Zoom link \[t.wheeler-thompson@islandcountywa.gov\]\(mailto:t.wheeler-thompson@islandcountywa.gov\)](#)

## **SSDI vs. SSI**

<b>Social Security Disability Insurance</b>	<b>Supplemental Security Income</b>
Payments come from the Social Security trust funds and are based on a person’s earnings.	Payments come from the general treasury fund, NOT the Social Security trust funds. SSI payments are not based on a person’s earnings.
An insurance that workers earn by paying Social Security taxes on their wages.	A needs-based public assistance program that does not require a person to have work history.
Pays benefits to disabled individuals who are unable to work, regardless of their income and resources.	Pays disabled individuals who are unable to work AND have limited income and resources.
Benefits for workers and for adults disabled since childhood. Must meet insured status requirements.	Benefits for children and adults in financial need. Must have limited income and limited resources.



Securing today  
and tomorrow

[SocialSecurity.gov](https://www.SocialSecurity.gov)



Washington State DD Endowment Trust Fund RCW 43.330.431	Washington State ABLE Savings Plan ABLE Act - Federal Law PL 113-295
<b>Who is it for?</b> <ul style="list-style-type: none"> <li>• A person with a developmental disability, under age 65, who has been determined eligible for state DDA services</li> <li>• The condition happened at the age 18 or before</li> <li>• Lives in the state of Washington at the time of enrollment</li> </ul>	<b>Who is it for?</b> <ul style="list-style-type: none"> <li>• A Washington resident eligible for SSI benefits or the Social Security Disability, Retirement, and Survivor's program or who submits certification that meets the criteria for a disability certification</li> <li>• Condition happened before age 26</li> </ul>
<b>What is it?</b> <ul style="list-style-type: none"> <li>• Special Needs Trust</li> <li>• Trust 1 Third Party Trust</li> <li>• Trust 2 Self-Settled Trust</li> </ul>	<b>What is it?</b> <ul style="list-style-type: none"> <li>• A savings plan</li> <li>• A form of 529 Account Tax Favored Qualified ABLE program in IRS code</li> </ul>
<b>Are there limits in contributions and spending?</b> <ul style="list-style-type: none"> <li>• No limits on contributions</li> <li>• No limits on spending, except room and board for those on SSI</li> <li>• Does not affect SSI or Medicaid eligibility</li> </ul>	<b>Are there limits in contributions and spending?</b> <ul style="list-style-type: none"> <li>• \$15,000 a year</li> <li>• \$500,000 overall limit</li> <li>• Spending is approved for qualified disability related expenses</li> <li>• First \$ 100,000 does not affect SSI eligibility</li> </ul>
<b>Are taxes involved?</b> <ul style="list-style-type: none"> <li>• Earnings from investments are taxed when spent, if the person has taxable income</li> <li>• Qualified Disability Trust</li> </ul>	<b>Are taxes involved?</b> <ul style="list-style-type: none"> <li>• ABLE earnings and withdrawals <b>are</b> not taxed</li> <li>• Distributions not used for qualified disability expenses must pay <b>federal taxes and a 10% tax penalty</b></li> </ul>
<b>What occurs if the beneficiary passes away?</b> <ul style="list-style-type: none"> <li>• Trust 1 Third Party: no pay back required; Distributed according to Trust documents</li> <li>• Trust 2 Self-Settled: Medicaid/Medical Assistance Recovery before distribution according to trust documents</li> </ul>	<b>What occurs if the beneficiary passes away?</b> <ul style="list-style-type: none"> <li>• Assets transferred to beneficiary's estate and can pay off ABLE expenses</li> <li>• Medicaid/Medical Assistance Recovery (regardless of contributor) before distribution of assets to remainder beneficiaries</li> </ul>
<b>What does it cost?</b> <ul style="list-style-type: none"> <li>• Enrollment fee of \$600; minimum annual management fee \$75.00; and a \$75 tax prep fee. Fees are offset by a state match</li> </ul>	<b>What does it cost?</b> <ul style="list-style-type: none"> <li>• Annual fee of \$35.00</li> <li>• Annual investment fee of 0.30-0.38 % depending on the investment portfolio</li> </ul>
<b>When is it available?</b> <ul style="list-style-type: none"> <li>• Individuals can enroll now</li> </ul>	<b>When is it available?</b> <ul style="list-style-type: none"> <li>• Individuals can enroll now</li> </ul>

For questions regarding Washington ABLE, contact the call center at 844-600-2253 or use the chat function available at <https://www.washingtonstateable.com/>.



## You Do a Lot. Community Health Plan of Washington Wants To Help.



**COMMUNITY HEALTH PLAN**  
of Washington™  
The power of community

When life is busy and uncertain, it can be challenging to ensure all your and your family's health needs are being met. Community Health Plan of Washington (CHPW) provides Apple Health (Medicaid) -- including a "Blind and Disabled" plan -- with local Washington staff helping to connect you with local resources. And, they've built a Case Management program to support your family in managing the many aspects of care you may need.

Your CHPW case manager is your advocate, cheerleader, and health care system interpreter. They'll work with you to figure out your health needs and how you can address them. This can mean:

- Finding a health care provider
- Helping you schedule an appointment when you need one
- Helping you fill out forms for state and federal programs you may qualify for, like disability and WIC
- Organizing transportation to appointments
- Teaching you skills to help you manage health conditions
- Keeping track of your prescriptions

As a CHPW member, you can refer yourself for case management. Or, you can refer a child, relative, or friend who is a CHPW member.

CHPW also has Specialty Case Management in Children's Mental Health, Transitional Aged Youth, Maternal Child Health, with gift cards for prenatal, postpartum, and well-child checkups.

There's a CHPW rep in the area if you have questions, or want more information.

**Contact Cindy Heredia at [Cindy.Heredia@chpw.org](mailto:Cindy.Heredia@chpw.org) or call (425-239-1090)**

### Coffee & Conversations

Casual **Virtual** gatherings offered Daytime 11am-Noon and Nighttime on the **2nd Wednesday of the month**. 6:30-7:30pm. Call/text/email Tiffany with questions and to receive the Zoom link for the meetings. **(360)632-7539**

### **PAMI Padres Apoyando Motivando Informando**

Grupo de apoyo en Español para familias de niños con necesidades especiales. Laiza **(787)529-6788**

### **Whidbey Functioning Autism Social Group**

We are an informal group that provides support, information and social fun for individuals on the Autism Spectrum. Contact Todd Brehmer **[fineart@whidbey.net](mailto:fineart@whidbey.net)**

**People First** Adults with disabilities that want to meet others with disabilities, build friendships, and promote inclusion in their community. Contact Call/text Diane for more info **(360)720-4918****[pmmdfm@cablespeed.com](mailto:pmmdfm@cablespeed.com)**

### **Heritage Adventurers**

A friendship group for 18 and over on Whidbey Island meets for outings and events Sue Andrew at **(360)321-5748**

**Flying Fingers** Deaf and Hard of Hearing Social.

Contact Susan for more details. **(360)221-0383**

### Island County Parent to Parent

#### Support & Resources for Special Needs

#### Families in Island County

Tiffany Wheeler-Thompson, Coordinator

PO BOX 5000 Coupeville, WA 98239

(360)632-7539 call/text

[t.wheeler-thompson@islandcountwa.gov](mailto:t.wheeler-thompson@islandcountwa.gov)



\*\*Check us out on Facebook for up-to-date resources, information and activities \*\*

[www.facebook.com/islandcountyparent2parent](https://www.facebook.com/islandcountyparent2parent)

#### We have resource guides on our website:

\*Island County Parent to Parent Disability Resource Guide

\*Parent to Parent Autism Resource Guide

\*Island County Behavioral Health Resource Guide.

<https://www.islandcountywa.gov/Humanservices/Pages/Parent-to-Parent.aspx>

facebook